



21. EWR Triathlon Lampertheim  
Lampertheim / 26.06.2016

Detailed evaluation

Leßmann, Gero

Total time: 38:45

Club: SC Wiesbaden

Number: 873

Course: 12.90 km

Rank in course/Total: 5 (of 19)

Jugend Triathlon (400 m, 10 km, 2,5 km)

Rank in course/Men: 4 (of 10)

Best time in course: 36:57

Category:

Rank in category: 4(of 10)

männliche Jugend B (14+15 Jahre)

Best time in the category: 36:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.40	6:46	16:54	2	0:37	2	0:37	0.40	6:46	16:54	2	0:37	2	0:37
Wechsel S -> R	-	1:26	-	10	0:18	10	0:18	0.40	8:12	20:29	6	0:55	6	0:55
Schwimmen Total	0.40	8:12	20:29	6	0:55	6	0:55	0.40	8:12	20:29	6	0:55	6	0:55
Rad netto	10.00	18:34	1:51	6	0:59	6	0:59	10.40	26:46	2:34	4	1:54	4	1:54
Wechsel R -> L	-	0:53	-	5	0:05	5	0:05	10.40	27:39	2:39	4	1:59	4	1:59
Rad Total	10.00	19:27	1:56	6	1:04	6	1:04	10.40	27:39	2:39	4	1:59	4	1:59
Lauf	2.50	11:06	4:26	3	0:52	3	0:52	12.90	38:45	3:00	4	1:48	4	1:48